

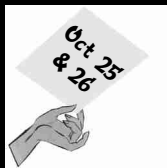
Breaking the silence on teen dating violence

ALERT!

Vol. II, No.2

September, 2001

INSIDE:



**Regional
Teen Dating
Violence
Conference**

Dating Violence Facts

**NEW DATA ON
TEEN DATING
VIOLENCE
PUBLISHED**

BY TEENS to Teens



**No
Means
No**

**Are you
ready for
sex?**



R U Ready?

ALERT! — a newsletter for people concerned about teen dating violence, is produced by the King County Women's Advisory Board — a program of the King County Department of Community and Human Services.

This publication is available in alternative formats upon request.

If you have feedback on any part of the ALERT!, we hope that you will contact us and share your ideas. The ALERT! should be what you need it to be! Contact Carole Antoncich at 205-6486 or carole.antoncich@metrokc.gov for more information.

Working It Out: Schools and Advocates Together

Lisa's been one of Ms. Porter's star art students for both of her years in high school, but as the year has drawn to an end, the quality of her work has been falling off. She seems jumpy and distracted in class, and when she does turn in assignments, the themes are increasingly dark and gloomy. Ms. Porter's been troubled by these changes, worried that Lisa might be getting involved in drugs or having trouble at home.

Coming out of the art studio one afternoon, Ms. Porter turns the corner into a scene of tension and fear between Lisa and her boyfriend Matt. Matt has pinned Lisa against a locker, and his face is tight with whispered anger, while his hand twists Lisa's wrist tightly. As Ms. Porter moves towards them, Matt drops his grasp, and Lisa, flustered, turns a tense smile to Ms. Porter's "is everything ok here?." Mumbled "yeah, sure"s deflect any other questions.

Her questions persist, though, and Ms. Porter wonders how to reach Lisa, a promising student and until recently, a positive and energetic young woman.

It's this kind of situation, says Belinda Lafferty of Youth Eastside Services, that

can lead to an opening for teen dating violence prevention and intervention services to begin working with schools. She described several elements in forging successful partnerships to address teen



dating violence in schools.

Generally, high schools are more responsive to teen dating violence initially than middle schools. Dating, and the problems that can go along with dating, are more of a focus in the high school years, and schools are typically more open to community agencies

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Hold the date! Register! Be there!

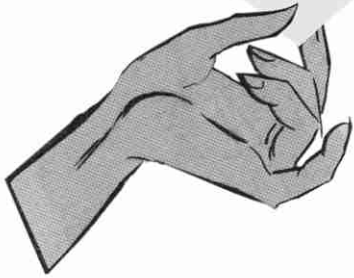
Real Solutions for Real Relationships The First Regional Teen Dating Violence Conference

October 25 and 26, 2001

Tukwila Community Center

12424 42nd Ave S – Tukwila, WA

October
& 25
& 26



A two-day conference on teen dating violence, sponsored by Renton Area Youth and Family Services and Youth Eastside Services, will be highlighted by a keynote speech by Barrie Levy. Levy is the nationally acclaimed author of *Dating Violence: Young Women in Danger* and *In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships*. The conference will bring together adults and teens working on prevention and intervention with teen dating violence.

A wide variety of workshops ensures that every attendee should find information they need and want. Opportunities to connect with others working on similar issues will be plentiful. These summaries give just a flavor of what will be available:

Creating Teen Friendly Health Services for Teen Dating Violence Victims

► Hear a panel of health care professionals talk about how teen dating violence issues surface in health care settings ranging from a teen's visit to a teen clinic or school nurse to a hospital ER. Panel members will outline important components of creating a teen-friendly, supportive environment in which to

address issues of relationship violence. They will also discuss what efforts are being made in health care to support young DV victims, and how adults can support teens in the medical care process. In addition, the role of trauma and PTSD, especially in an emergency room situation, will be discussed.

Teen Perpetrators of Domestic Violence: Assessment and Treatment Strategies

► Learn how to identify teen dating violence and conduct an assessment interview with potential teen perpetrators. Examine effective intervention strategies in schools, mental health centers, and juvenile justice settings.

Same-Sex Teen Dating Violence Relationships

► What are the dynamics of dating violence for queer youth? What makes gay/lesbian/bisexual/ transgender youth particularly vulnerable to dating violence? What challenges and barriers exist to their creating safety, and how do homophobia and other systems of oppression play a role in the experience of dating violence? This workshop will cover the ground!

Media Literacy: Targeting Teens

► Come prepared to examine print ads and the messages they convey about being female in our society in this interactive workshop! Examples will focus on subjects like excessive thinness, anorexia, violence, power, substance abuse, and excessive consumption. Particular attention will also be paid to the media's impact on teens and the portrayal of relationships between males and females and how that may effect dating relationship dynamics. Ideas will be given for how to discuss this topic with teens.

Teen Dating Violence Dynamics in the Asian Pacific Islander Community

► Hear teen advocates from AP Advice share their perspectives on dating violence in a cultural context, as well as how adults can be most supportive of young women involved in unhealthy relationships.

Teen Dating Violence in the African American Community

► Examine past and present gender roles and stereotypes within the African American community and the impact of those roles on today's teens. Learn how the cultural context shapes common teen attitudes toward physical and verbal abuse in dating relationships. Examples will also be given of how teens have handled their experiences in abusive relationships.

Coming with a group? Plan on dividing up your efforts in order to cover the full range topics, that will include: Building Safe and Healthy Relationships, Positive Conflict: Handling Anger Constructively, Creating & Implementing Peer Educator Programs, Interactive Violence Prevention Techniques for Teens, Teen DV Education Curricula & Activities for the Classroom, Legal Issues for Teens in Abusive Relationships, Parents of Teen DV Victims, Clinical Issues in Working with Teen Dating Violence Survivors, The Role of Drugs and Alcohol in Teen DV, Teen Dating Violence in the Gang Culture, Teen Parents and Relationship Violence, Role of Trauma in Surviving Sexual Assault and Dating Violence, among others.

Lunch on Thursday is included with conference registration (\$75), and to round out the agenda, one or more theater/dance performances focusing on teen dating violence are also planned.

For more information, send email to: teendvrealolutions@hotmail.com or call Lisa Cordova at Y.E.S (425-747-4937) or Laura Miccile at R.A.Y.S (425-271-5600).

Schools working with advocates continued from page 1

providing services to address these issues. At the middle-school level, there can be more sensitivity and confusion about what information and services are age-appropriate. However, agencies that have established good relationships with high

A two-pronged approach of working with staff and also directly with students helps build an environment of safety in schools.

schools may find a more open door at middle-schools in the same district when principals, teachers or school counselors share their experience with each other.

Each school has a different culture, and it's important to understand how to work within that culture. In some schools, the principal has a strong hand in shaping services that offered in the building. In others, programs are initiated by teachers, school nurses or counselors — who can open doors to partnership with community based youth service agencies.

Schools have very full plates — especially now with a strong emphasis on academic outcomes and WASL tests. As a result, it often takes a particular incident to spur increased attention to problems such as teen dating violence. When these incidents occur, youth service agencies that have existing school relationships — for substance abuse prevention or services, youth leadership, or family counseling — are often those to whom schools turn.

When schools lack these community relationships, they will turn to agencies that are established in the local community. Community based agencies that can respond effectively during a crisis to support school personnel and students may then be able to offer more comprehensive and ongoing programming.

YES has developed a "Tools for Schools" manual that they offer as part of consultation and support to school staff responding to an incident. The manual is intended as part of a package of training and prevention services to help schools address dating violence on an ongoing basis.

At the same time, YES staff and peer educators participate in presentations to health classes to reach students directly. The presentations raise student awareness of healthy relationships, and lead some students to seek help for themselves or their friends. Building school-based peer educator services trains teens themselves to act as supports

and problem-solvers in their schools who can be resources to students in abusive relationships. Using high school students to train middle school students is particularly effective, since middle-school students often see older adolescents as role models.

This two-pronged approach — supporting and training staff while also working directly with students — helps build an environment of safety at all levels in the school.

Lisa transferred to another school the following year, and Ms. Porter still thinks of her. But she's hoping to make things better for other Lisa's, and has scheduled time with the school counselor to explore which community agency to invite for an assembly program on healthy relationships. In her lesson plan for next year, she's including a project on how women and men are portrayed in popular ad art. And she's put in a request for a teen-oriented guide to getting out of abusive relationships with the school library.



recommends these:

Resources for Positive Sexuality

SCARLETEEN: Sex Education for the Real World

<http://www.scarleteen.com/>

Coalition for Positive Sexuality

<http://www.positive.org/>

Go Ask Alice

<http://www.goaskalice.columbia.edu/>

All About Sex: Information You Have A Right To

<http://www.allaboutsex.org/>

Sex, etc: A Website for Teens by Teens

<http://www.sxetc.org/>

TEENWIRE: Sexuality and Relationship Info You can Trust From Planned Parenthood

<http://www.teenwire.com/>

This issue's "By Teens to Teens" page produced by members of **Asian Pacific-Islanders Against Dating Violence Involving Community Education (AP A.D.V.I.C.E.)**:

Frances Francia
Donna Dorsouvanh
Sally Nguyen

Jeannine Oblero
My-Hanh Nguyen
Tracy Li



ap
a.d.v.i.c.e.

SEX OR VIOLENCE?

MULTIPLE CHOICE

1. People are asking to be raped when they are:
 - a. hitchhiking
 - b. wearing sexy clothing
 - c. drinking
 - d. none of the above
 - e. all of the above
2. It is ok to force someone to have sex if they:
 - a. spend a lot of money on that person
 - b. have had sex with this person before
 - c. are drunk
 - d. none of the above
 - e. all of the above
3. In 1989, approximately how many pregnancies and live births were there among women aged 17 and under in Washington State?
 - a. 1,200 pregnancies and 600 births
 - b. 5,000 pregnancies and 3,500 births
 - c. 9,400 pregnancies and 5,000 births
 - d. 15,500 pregnancies and 8,000 births
4. What percent of pregnant/parenting teen girls were victims of child sexual abuse?
 - a. 20
 - b. 33
 - c. 45
 - d. 66
 - e. 75
5. Fill in the blanks: The FBI had approximately _____ reports of rapes in 1985? However, this number underestimates the true scope because for every reported case, another _____ are committed but not reported.
 - a. 30,000; 4-5
 - b. 50,000; 2-8
 - c. 70,000; 4-6
 - d. 90,000; 3-10

Answer key: All Responses are D.

For more information, please call the King County Sexual Assault Resource Center at (425) 226-5062 or the 24-hour Crisis Line at 1-800-825-7273

No Means No



It's hard to just come right out and say "No!". But it's harder still to find yourself in a sexual situation that has gotten out of hand. At any point in a sexual encounter, a person has a right to stop. It is never too late to say "NO".

Girls: Don't mess with his head – Say "no" clearly!

- ▼ No!
- ▼ I don't want to!
- ▼ I don't feel like it!
- ▼ I don't want to go all the way!
- ▼ I don't like this!
- ▼ Stop!
- ▼ I don't want to do more than petting!
- ▼ Take me home now!
- ▼ Don't touch me there!
- ▼ I want you to stop!
- ▼ Quit it!
- ▼ Back off!

Guys: If she's saying or doing these things, it's time to back off and talk about IT.

- ▼ Looking down or away from you
- ▼ Cringing
- ▼ Moving away
- ▼ Crying
- ▼ Avoiding being alone with you
- ▼ Not wanting to get in your car
- ▼ Saying it's late
- ▼ Saying she's scared
- ▼ Saying she doesn't want to get pregnant or get AIDS
- ▼ Saying she's confused
- ▼ Saying she's had too much to drink
- ▼ Saying she doesn't feel well

I got involved with **AP ADVICE**

not knowing what it was really about. All I knew was that it was an advocacy program for APA young women, and it required time and dedication. I didn't really have any other time-consuming activities, so I thought this would be a good one to start with and get some community service while I was at it.

I feel that I have gained a lot through my experience in the group. One of the first things I realized during the training was that there was a lot there that applied to me and my past relationships. If I had that knowledge earlier, I could have recognized the unhealthy relationships I was involved in, and prevented a lot of stress and heartache. Now that I have been through the training and made presentations on dating violence, I know what a healthy relationship is, and that is the only kind of relationship I will involve myself with. I now have a better

understanding of others, which has helped in my role in student government, and made it easier to relate to and work with others. It gives you something to be proud of, something you know you've accomplished. For some people, that is what keeps them motivated and enables them to succeed.

People ask me if I like doing what I do, and if I ever get sick of it. I love doing this, and I don't think I'll ever get sick of it. It makes me feel so good to know that I'm helping an innumerable number of people just by spreading information. Not only does the audience learn, but I think I learn something from every presentation I do. I hear their perspectives on things and it helps me understand them and their situations better.

Frances Francia AP Advice Teen Advocate

Are you ready for sex? You are ready if...

- ✓ You feel guiltless and comfortable about your present level of involvement.
- ✓ You are confident that you will not be humiliated and that your reputation will not be hurt.
- ✓ Neither partner is pressuring the other for sex.
 - You are not trying to:
 - ✗ Prove your love for the other person,
 - ✗ Increase your self worth,
 - ✗ Avoid being abused or battered by a partner,
 - ✗ Show that you can attract a sexual partner,
 - ✗ Get attention, affection, or love,
 - ✗ Rebel against parents, society, etc.
- ✓ It will be an expression of your current feelings rather than an attempt to improve a poor relationship or one that is growing "cold."
- ✓ You have discussed each person's sexual health history.
- ✓ You can discuss and agree on an effective method of contraception and share the details, responsibilities, and costs of the use of the method.
- ✓ You can discuss the potential of contracting or transmitting sexually transmitted diseases. You have discussed and agreed on what both of you will do if conception occurs, because no contraception method is 100% effective.

From M. Blum SCSSM, Seattle August 2000



Who Can Help?

These agencies can provide crisis response to teens experiencing dating violence:

Youth Eastside Services: 425-747-4937

— Ask for Lisa Cordova, Sheri Davis or Belinda Lafferty

New Beginnings: 206-783-2848 — ask for Rebecca Yarmuth

DAWN (Domestic Abuse Women's Network) — 425-656-8423 X233 — Ask for Ammi

KCSARC (King County Sexual Assault Resource Center) — when sexual abuse involved — 1-800-825-7273

AP ADVICE @ Asian Counseling & Referral Service: (Asian Pacific-Islanders Against Dating Violence Involving Community Education) — ask for Amy HyunAh Moline — 206-695-7585

Got a question (non-emergency) you need help with? **Ask Nicole at:**
dearnicoleadvice@hotmail.com

It's a Fact! Sexual Assault

- ▼ 23% of females & 8% of males have been verbally or physically forced into sexual activity they did not want. — Seattle Public School Survey 1993.
- ▼ 12% of all students have been forced into sexual intercourse. Seattle Public School Survey 1995.
- ▼ 60-80% of the time people are assaulted by someone they know.
- ▼ Acquaintance/Date Rape occurs most frequently to women aged 15-24.
- ▼ 1 in 4 girls and 1 in 6 boys will be sexually assaulted before the age of 16.
- ▼ Majority of date/acquaintance rape involve the use of alcohol by either the victim, perpetrator or both.
- ▼ The majority of teen sexual assault survivors were engaged in behaviors of which their parents would not approve.

Sexual Harassment

- ▼ 37% of High School Students & 33% of Eight Grade Students said they had received offensive sexual comments. Seattle Public School Survey 1995.
- ▼ 51% of High School Girls & 17% of High School Boys were sexually harassed at school or on their way to or from school. Seattle Public School Survey 1993.
- ▼ 20 - 30% of all female students experience sexual harassment while in college, but only 2 - 3 % report. U.S. Department of Education's Women's Equity Act Program

Seattle Rape Relief — March, 1997

The August 1, 2001 issue of the Journal of the American Medical Association carried an article by Jay Silverman, of the Harvard School of Public Health, and colleagues on the prevalence of teen dating violence and factors associated with it.

Data was drawn from the Massachusetts sample of the Youth Risk Behavior Survey, a large-scale, national survey of health behaviors administered in Massachusetts to randomly selected 9th and 12th grade students. Starting in 1997, Massachusetts included a question on lifetime experience of physical and sexual violence from dating partners — the first state to do so.

Analysis of the data identified that approximately 1 in 5 female Massachusetts public high school students reported having experienced physical and/or sexual violence by dating partners at some point in their lives. Since 1 in 4 adult women — only 5 percent more adults than teens — report having experienced intimate partner violence, data appear to indicate that youth is a risk factor for dating violence.

Ninth grade girls were less likely to report dating violence than 12th graders, perhaps because they had fewer lifetime

NEW DATA ON TEEN DATING VIOLENCE PUBLISHED

dating experiences than the older girls. Because of changes in reporting of ethnicity between 1997 and 1999, analysis of differences between racial/ethnic groups was inconclusive according to the researchers.

Girls who reported abuse by dating partners had a higher prevalence of other health risk behaviors than their non-abused peers. These risks included:

- Use of alcohol, tobacco and cocaine;
- Unhealthy weight control (use of diet pills, laxatives, or vomiting to lose weight);
- Sexual risk behaviors such as having sex before age 15 and having multiple sexual partners;
- Having been pregnant — girls who experienced violence from dating partners were 4 to 6 times more likely than their non-abused peers to have ever been pregnant;
- Seriously considering or attempting suicide. Recent suicide ideation and

actual suicide attempts were approximately 6 to 9 times as common among adolescent girls who reported having been sexually or physically hurt by their partners when compared to girls who did not report dating violence.

The study cannot answer whether teen dating violence places girls at these higher risks, whether these risk behaviors place girls at higher risk of experiencing violence, or whether some other factor places girls at higher risk of both risky health behaviors and teen dating violence.

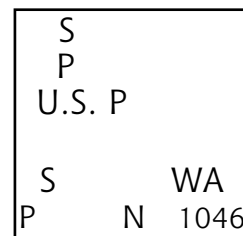
Authors of the study noted several implications of this research for teen dating violence prevention programs:

1. Violence against adolescent girls by dating partners is very prevalent, and **widespread prevention programs are therefore needed;**

2. Because dating violence is associated with a number of other health risk behaviors, **health care providers can play an important role** in identifying and helping those who have experienced violence; and

3. **Dating violence prevention should be integrated** with work on substance abuse, eating disorder, sexual risk and suicide prevention efforts.

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Tools to combat teen dating violence